



Cancer Survivorship ECHO Series



Session 2: Psychosocial Distress

Articles:

- **American Society of Clinical Oncology Publications:** *Best Practices in Oncology Distress Management: Beyond the Screen*
- **National Comprehensive Cancer Network:** *NCCN Guidelines for Distress Management* (may need to create a profile to access)

Presenter Information:

Gilda's Club Kansas City
info@gildasclubkc.org
Phone: 816-531-5444

Turning Point
turningpoint@kumc.edu
Phone: 913-574-0900

Trish Long, PA
Masonic Cancer Alliance Psychosocial Oncology Services
plong@kumc.edu
Phone: 913-588-2649

Community Resource List 2020

Cancer/Illness Related-General/Financial

Cancer Support Community: www.cancersupportcommunity.org CSC Support Helpline: 1-888-793-9355

Turning Point: support for anyone impacted by chronic illness- <https://www.turningpointkc.org/> 913-574-0900

Imerman Angels: <https://imermanangels.org/> 866-463-7626 (one to one cancer support mentoring program)

Working Families' Friend: (need referral from medical professional, employed/recently unemployed, may not qualify for help at other social service agencies, advocacy, some financial assistance) 816-842-5600

Fund Finder PAN Foundation: <https://fundfinder.panfoundation.org/Home/Funds> You can use this link to search for resources according to diagnosis.

Patient Advocate Foundation: 1-800-532-5274 <http://www.patientadvocate.org/help.php?p=905>

National Coalition for Cancer Survivorship (NCCS): provides information on cancer support, employment, financial and legal issues, advocacy, and related issues. 1-877-622-7937
www.canceradvocacy.org

Nancy's List: (numerous cancer related resources- financial, co pay assistance, etc) *need to be below poverty line* <https://nancyslist.org/>

HealthWell Foundation: (financial assistance for certain out of pocket health care costs): 800-675-8416
www.healthwellfoundation.org

Patient Access Network Foundation: <https://panfoundation.org/index.php/en/> 1-866-316-7263

Cancer Financial Assistance Coalition (national coalition with database of financial assistance organizations): cancerfac.org

CancerCare: Co-Payment Assistance Foundation, Online Support Groups, Meditation App, My Cancer Circle (free online support community for caregivers of those facing cancer) Also developing a Pet Assistance and Wellness Program. 1-800-813-4673 www.cancercare.org

National Comprehensive Cancer Network (Virtual Reimbursement Resource Room):
https://www.nccn.org/reimbursement_resource_room/default.aspx

The Assistance Fund: www.theassistancefund.org

Need Help Paying Bills: www.needhelppayingbills.com

Patient Services, Inc: www.patientservicesinc.org 1-800-366-7741

Patient Resource: www.patientresource.com (numerous cancer related resources)

Cancer/Illness Related-General/Financial (cont.)

Survivorship A-Z: (legal, practical and financial resource information): www.survivorshipatoz.org/cancer

mymoney.gov (financial planning/navigating resource)

Kansas Cancer Partnership- kscancerpartnership.org (resources by zip code)

Pathlight- pathlight.peopledesigns.net (online tools and info to better understand and reduce cancer related expenses)

National Cancer Institute: www.cancer.gov or www.cancer.gov/espanol **LiveHelp.cancer.gov** (1-800-422-6237)

American Cancer Society Kansas City: 816-842-7111

<https://cancerfinances.org/> (navigating finances after cancer)

Insurance/Medical Supplies/Benefit Programs

Cancer Action (medical supplies, transportation assistance, resources and referrals): 913-642-8885 (Overland Park), 816-350-8881 (Independence)

<https://tragecancer.org/animatedvideos> (health insurance, financial information)

http://atk-kee.org/reuse/avail_equipment-public.php (medical equipment for uninsured or underinsured persons in Kansas. They deliver the equipment to the patient at their home or facility).

<https://atk.ku.edu/get-refurbished-device> (medical equipment for uninsured or underinsured persons in Kansas. They deliver the equipment to the patient at their home or facility).

<https://atk.ku.edu/about-us> AT device demonstration, short-term equipment loan, AT reuse. The program also works with K-Loan to offer low interest financial loans for the purchase of AT.

Human Arc: community resources, benefit programs, food assistance programs/SNAP, Medicare RX Extra Help Application, prescription savings plan, Medicare/Medicaid plans, Champion Disability Advocates for SSI/SSDI Income Benefits. <http://www.humanarc.com/> (800) 766-6185

KC Care Health Center (numerous services to include federal insurance navigators): 816-753-5144, email cac@kccareclinic.org Also offers pain management group- 816-753-0165 halleyr@kccare.org

Jewish Family Services: (insurance navigators) 913-327-8250 (KS) and 816-333-1172 (MO)

Social Security Info: www.socialsecurity.gov, 1-800-SSA-1213, Regional Public Affairs line: (816) 936-5740 (ask for David Seymour), Compassionate Allowances: www.ssa.gov/compassionateallowances

Centers for Medicare & Medicaid Services (CMS): 1-800-633-4227 www.cms.gov

QMB (Qualified Medicare Beneficiary)-program through Medicaid which pays premium for Medicare coverage if meet eligibility requirements

Insurance/Medical Supplies/Benefit Programs (cont.)

SHIP-State Health Insurance Program (every state has one)-helps people with eligibility questions (Medicaid, Medicare, possibly marketplace) KS=SHICK, KanCare MO=CLAIM

Riverview Health Services: connects uninsured children and adults with affordable health services; helps people access health education, medications and medical supplies. (also has Spanish speaking staff) 913-371-7070 <http://www.riverviewhealthservices.org/>

Kansas City Free Eye Clinic: free or reduced cost preventative care, eye glasses for low income or homeless individuals <https://www.kcfreeeyeclinic.org/our-services/>

Lions Club: can help with eyeglasses

Hope Faith Ministries: Serves homeless and at-risk individuals, families, and youth; *anchor* partners provide **medical, dental, vision**, and mental health services. 816-471-4673

<https://www.hopefaithministries.org/services/>

KanCare (Different Plans; United potentially offers)/Missouri Medicaid (Community Based Services)-has program which will reimburse those caring for loved ones in the home. (Missouri may not be family members or just a spouse?) Cannot be a spouse in Kansas. <https://www.kancare.ks.gov/consumers/choosing-a-plan>

Medication/Prescription Assistance

Needy Meds: lists medicine assistance programs available from drug companies. Usually patients cannot apply directly to these programs. Ask doctor, nurse, or social worker to contact on your behalf. 1-800-503-6897 needy meds.org

Good Days: (medication assistance for underinsured individuals- must have private insurance or Medicare Part D) 877-968-7233 www.gooddaysfromcdf.org

Kansas City Medicine Cabinet: <https://kcmedicinecabinet.org/about/> 816-276-7517

Patient Advocacy Foundation, Co-Pay Relief Program: 866-512-3861 www.copays.org

RxAssist: www.rxassist.org

RxHope: www.rxhope.com

Rx Outreach: www.rxoutreach.org

Partnership for Prescription Assistance: 888-477-2669 www.pparx.org

Cancer Related-Specific

Leukemia & Lymphoma Society's Urgent Need Program: www.lls.org/urgentneed. 866.446.7377

Breast Cancer Charities of America: 936-231-8460 www.thebreastcancercharities.org (breast cancer-financial assistance for rent/utilities)

The Catherine Fund: <https://catherinefund.org/Get-Help.html> (breast cancer- general assistance)

Cancer Related-Specific (cont.)

The Pink Fund: <http://www.thepinkfund.org> 877-234-PINK (breast cancer-general living expenses)

Breast Cancer Society Inc: www.breastcancersociety.org (breast cancer-general living expenses)

Komen Treatment Assistance Program, (in partnership with CancerCare): 877-GO KOMEN (877-465-6636). Open to low-income, underinsured or uninsured women who are actively undergoing treatment for breast cancer (medications, child/eldercare, home care, lymphedema care, medical equipment, psychosocial support etc).

Jill's Wish- www.jillswish.org 702-237-9123 (breast cancer-financial assistance)

My Hope Chest: www.myhopechest.org (assists uninsured or underinsured women obtain reconstruction)

Cancer Care and Patient Advocate Foundation also have breast cancer grants

Send Me On Vacation: <https://sendmeonvacation.org/#sthash.R8nBJSqy.dpbs>

Little Pink Houses of Hope: <https://www.littlepink.org/>

Healing Chair: <https://www.healingchair.org/>

Knitted Knockers: <https://www.knittedknockers.org/>

First Bra: <https://firstbra.org/>

Clair De Lune: (post surgical lingerie) 913-491-3232 <https://clairdelunelingerie.com/brands-and-products/#post>

Second Nature Fitting Salon- bras, prosthetics, pre- and post breast surgery; need appointment, will submit insurance <https://secondnatureonline.net/> 913.649.1851

Financial resource for women who have been diagnosed with cancer: (only for those with female-related cancers such as ovarian, breast, etc) <http://www.cancerrecovery.org/women-cancer-fund/>

Stupid Cancer: stupidcancer.org (advocacy and support for young adults living with cancer)

KU Young Adult Cancer Support Group (Courtney Heitz contact)

First Descents: <https://firstdescents.org/> (outdoor adventures for young adults living with cancer)

DAM-Cancer Foundation: <http://www.dam-cancer.org/> (provides financial grants to young adult cancer patients, ages 18 through 35.)

The Jennifer Ireland Foundation: The fund has grants up to \$1000 for cancer patients with minor children in the home. <https://www.jif4families.com/>

Stephanie Vest Foundation: financial assistance (grants) for parents with cancer diagnoses with minor children in the home living in the Kansas City area <http://www.stephanievest.com/> 816-516-4767

Cancer Related-Specific (cont.)

Family Reach: Has funds for cancer patients needing assistance if they have children under the age of 22 in the home. There is a limit of five applications per facility per year. <https://familyreach.org/>

Teen Support: <https://cancerreallysucks.org/>. This is a website run by teens for teens. Some are living with cancer themselves, others have a loved one living with it. They also have an app. Other website that might be helpful for information: <https://www.kidskonnected.org/>

Kids/Teens (parent impacted by cancer): Camp Kessem (camp, cards, events, additional supports) Website: campkesem.org/Kansas Email: Kansas@campkesem.org

Teen Support: Turning Point (Annie Seal has Teen Chat)

Dental assistance for Head and Neck Cancer patients living in Kansas: free dental services to eligible H&N patients before, during, and after treatment. The application can be accessed online at www.HNCLiving.org or call Jodi Wilson at 913-735-0565.

Head and Neck Living Foundation: <https://www.hncliving.org/>

Esophageal Cancer Awareness Association: 770-722-1321. Rhonda Small has constructed a database which she uses to match callers with a peer who has gone through a similar experience. Callers need to provide her with the name, age, stage, and type of esophageal cancer. Esophageal Cancer Awareness Association (ECAA): <https://www.ecaware.org/> provides information about esophageal cancer.

Colon Cancer Alliance: <https://www.ccalliance.org/> The organization provides \$200 stipends

Meredith's Miracles Colon Cancer Foundation: <http://merediths-miracles.org/> Assists with nonmedical financial needs.

Lungevity: <https://lungevity.org/> Lung Cancer HELPLine **844-360-5864**

Transportation Assistance (Medical/General)

Road to Recovery Program (American Cancer Society- transportation to cancer treatment) www.cancer.org 1-800-227-2345

Cancer Action (also provides transportation on a limited basis): 913-642-8885, 816-350-8881

The Whole Person (also provides transportation assistance)

Kansas Rides: (general public transportation) www.ksrides.org

OATS (Missouri Transportation Assistance): <https://www.oatstransit.org/schedules> (Jackson County call the Harrisonville OATS Transit office at 816-380-7433 or 1-800-480-6287)

Corporate Angel Network: (arranges free air transportation for cancer patients traveling to treatment) 866-328-1313, www.corpangelsnetwork.org

Air Charity Network: 877-621-7177 www.aircharitynetwork.org

Lifeline Pilots: 800-822-7972 www.lifelinepilots.org

Housing/Accommodation Assistance (cancer/medical related)

Cancer Support Community and Airbnb Free Housing Program: for cancer patients and caregivers who travel over 100 miles to receive cancer treatment. Refer to Cancer Support Helpline to complete a housing application. (888)-793-9355 helpline@cancersupportcommunity.org

Joe's House: (provides nationwide list of places to stay to assist cancer patients and their families in finding housing) 877-563-7468 www.joeshouse.org

The Guest Room (American Cancer Society- accommodation assistance): 1-800-227-2345

Hope Lodge: 816-842-6427 (lodging, cancer related)

Friendship Inn: 816-506-6339 (lodging- medical)

Miscellaneous Resources (cancer/medical related)

Cleaning for a Reason: house cleaning services provided for women living with any type of cancer www.cleaningforareason.org

Adult Organizations similar to "Make A Wish": Cancer.net and www.dreamfoundation.org

Recommendations for pet care during hospitalization: senioradvisor.com, Rover.com

Battle Boutique: www.battle.boutique 913-961-9795: (apparel and supplies helpful during cancer treatment)

Sante Image Renewal Boutique-Salon (AdventHealth Shawnee Mission) 9301 W 74th St Suite 200, Overland Park, KS 66204, 913-632-9800

Missy's Boutique-(KU Westwood location) need appointment, will submit insurance, 2650 Shawnee Mission Pkwy, Westwood, KS 66205 [\(913\) 945-5800](tel:9139455800)

Image Renewal Center- Saint Luke's East Hospital- North Medical Pavilion- Wigs, compression supplies, hats, scarves, head shaving

Licensed Salon & cosmetologist-cut included, Financial assistance for qualifying patients

American Cancer Society wigs- free of charge-limited selection

Fitting appointment required. 816-287-6080

Red Poppy Wigs & Cancer Care Products: Wigs, toppers, caps, compression garments. Products and services provided by appointment in a private setting (located inside Solera Salon and Spa in Overland Park) 913-634-1050 www.redpoppykc.com

Cancer Careers: <https://www.cancercareers.org/>

Bio Feet: 7327 W 97th St (resource for lymphedema sleeves)

Wrapunzel: hair wrapping ideas and tutorials

Pelvic Floor Physical Therapy: Foundational Concepts 913-498-8492 (Overland Park) or 569-2802 (Brookside), Femme Focus 913-229-5981

Miscellaneous Resources (cancer/medical related) (cont.)

Suggestions for help with concerns related to hormone changes/sexual/intimacy concerns: Mona Lisa (laser treatment), coconut oil or V Magic (for vaginal dryness), pelvic floor physical therapist, sex therapist, acupuncture

Center to Advance Palliative Care: 1-212-201-2670 www.capc.org www.getpalliativecare.org

National Hospice and Palliative Care Organization (NHPCO): information on hospice care, local hospice programs, advance directives in different states, and finding a local health care provider. Education and materials on palliative and end-of-life issues through its Caring Connections program. 1-800-658-8898 www.nhpc.org

Estate Planning/End of Life Planning/Advanced Care Planning: Chris Morgan's packet (Preparing for the Unexpected), Therese McKechnie's The Last Chapter book, estateplanningbinders.com, everplans.com, MO Bar and KS Bar has downloadable forms, password keeper databases (keepass, dashlane)

National Center for Complementary and Integrative Health (NCCIH):
1-888-644-6226 www.nccih.nih.gov TTY: 1-866-464-3615

NCI Office of Cancer Complementary and Alternative Medicine: <http://www.cancer.gov/cam>.

National Cancer Legal Services Network: www.NCLSN.org

Cancer Legal Resource Center: 866-843-2572 www.cancerlegalresourcecenter.org

<https://trriagecancer.org/statelaws> (list of employment related state laws)

General/Emergency Assistance

United Way Resource Directory: <https://uwgkc.myresourcedirectory.com/>

Save Inc: (816) 531-8340 <https://saveinckc.org/> (and rental/housing/financial assistance)

Metropolitan Lutheran Ministries: 913-342-8333, 816-454-5295

Redemptorist Social Services- 816-931-9942

Reconciliation Services- 816-931-4751 (and rental assistance)

St James Place/Bishop Sullivan Center: 816-231-0984

Metropolitan Missionary Baptist Church (Benevolent Ministry)-utility assistance, immediate emergency assistance, may also help with storage fees. 816-923-3689

Salvation Army: 816-756-1455 (KC) Salvation Army (Olathe): 913-782-3640

Catholic Charities: 816-221-4377 (KC), 913-782-4077 (Olathe), 913-433-2100 (Overland Park)

General/Emergency Assistance (cont.)

Jewish Family Services: (insurance navigators, employment, food pantry, emergency assistance, older adult services, mental health, spiritual care for those in hospitals and facilities): 913-327-8250 (KS) and 816-333-1172 (MO)

Community Assistance Council: (emergency assistance, prescription/medical, clothing, food, seasonal assistance): 816-763-3277 <https://www.cackc.org/>

Women's Employment Network: (professional development, resume development, job search): 816-822-8083

Angel Eyes (assistance for single mothers, faith based): case management, education/job training, pregnancy/prenatal Angeleyeskc.org 816 368 4994

Keeler Women's Center: numerous services for women (counseling, classes, etc, faith based) <https://www.mountosb.org/ministries/keeler-womens-center> 913-360-6200

United Way: 211 or 816-474-5112, United Way (Wyandotte County): (913) 371-3674

City Union Mission: (utility assistance, house wears, furniture, school uniforms, clothes, and baby supplies in addition to homelessness assistance): 816-329-1444

Happy Bottoms (provides diapers, multiple locations): www.happybottoms.org

LIHEAP (MO energy assistance): 573-751-3221 or 1-855-373-4636
<https://www.benefits.gov/benefits/benefit-details/1573>

Kansas LIHEAP:
<http://www.dcf.ks.gov/services/eas/Pages/Energy/EnergyAssistance.aspx> 1-800-432-0043

Kansas Corporation Commission: <http://www.kcc.state.ks.us/public-affairs-and-consumer-protection/utility-weatherization-related-assistance-programs-in-south-central-kansas>

Community Action Agency of Greater Kansas City (utility assistance, different counties): 816.358.6868
<https://www.caagkc.org/programs/utility-assistance/>

Legal Aid of Western Missouri: 816-474-6750, 816-474-9868 <http://lawmo.org/>

The Justice Project: Helps women with legal or judicial problems. They have a weekly support group called the Willow Tree room which offers peer-support. 816-769-3307. www.justiceprojectkc.org.

Warrant Relief: assistance with warrants/traffic tickets

Assistance for Post Incarceration Needs: Catholic Charities has a workshop every Tuesday at 9:00 am, Second Chance <https://www.kc-crime.org/second-chance>, Gracious Promise <http://www.graciouspromise.org/programs>, Kansas Cure or Missouri Cure (advocacy groups)
Beyond the Conviction: assistance for individuals recently released from prison- 816-842-4975
Harvesters: 816-929-3000 (food distribution center)

General/Emergency Assistance (cont.)

Bishop Sullivan Center (food pantries)-39th and Troost location: 816-561-8515 or 6435 Truman Road location: 816-231-0984

Mimi's Food Pantry- in Riverside off Vivian Road

Human Arc: community resources, food assistance programs, SNAP <http://www.humanarc.com/>
(800) 766-6185

Westside Housing: May be able to assist with home repairs- <http://www.westsidehousing.org/real-estate-and-construction/home-repair-services/>

Metro Lutheran Ministry Minor Home Repair Program: homeowners within service area, with income at or below 150% of the federal poverty, and has repairs related to safety/accessibility- 816-285-3145

United Way- 211 may be able to assist with resources for home repairs

Vehicle Repair: (suggestions for low cost repairs) Sallas Auto Repair-KC,MO 816 282 0101 and Overland Park 913 225 8995, Henry's Auto Repair, Helping Hands- assists Missouri and Kansas households with vehicle repairs; focus on Veterans and families with special needs. <http://www.helpinghandsolathe.com/Default>

Beds: Sleepyheadbeds.org, Flourish Furnishings Ministry

The Whole Person: (services for individuals living with disabilities) <https://thewholeperson.org/> 816-561-0304, 913-871-4188

Homeless/Housing/Transitional Housing

(also see emergency and homeless shelters and services list)

Hope Faith Ministries: Serves homeless and at-risk individuals, families, and youth. Provides for immediate needs such as food, showers, clothing, laundry service, and case management. The HFM Day Center provides office space and operational support for *anchor* partners that provide **medical, dental, vision**, and mental health services. 816-471-4673 <https://www.hopefaithministries.org/services/>

Restart Inc: 816-472-5664 (various locations- emergency shelter, transitional housing, families, individuals)

River of Refuge: transitional housing program, 816-737-5100 <http://www.riverofrefuge.com/>

Hillcrest Ministries (multiple locations, transitional housing): 913-400-2573 KCK, 816-461-0468 Independence, 816-600-2681 Lees Summit, 816-288-4457 www.hillcresttransitionalhousing.org
They also can assist youth 17-21, primarily out of foster system, but some exceptions

Community Linc: assists homeless families (interim housing, immediate housing, supportive services, aftercare services) 816-531-3727 <https://www.communitylinc.org/index.html>

The Housing Authority: 299 The Paseo, KCMO 64106 816-777-2912

HUD (varies by city) Public Housing or Section 8 (homeless, low-income)

Homeless/Housing/Transitional Housing (cont.)

Truman Behavioral Health Housing Options (must have a diagnosed mental illness) 816-404-5700

KVC- Transitional housing for adolescents and young adults (Kansas)

Cornerstones of Care-Transitional housing for adolescents ages 16-23

<https://cornerstonesofcare.org/Our-Services/Youth-Support/Pathways-Transitional-Living>

Forest Avenue Family Shelter- 816-753-4753

City Union Mission: 816-474-9380

Kansas City Rescue Mission: 816-421-7643

Salvation Army (shelter) Linwood Center: 816-756-2769

Synergy Services: Synergy House (short term) for ages 12-18 who are in crisis; intervention services are also offered to families in crisis. **816-741-8700** The Children's Center includes an emergency shelter for children from birth to age 17. **816-321-7060**

Mental Health

Research Psychiatric: 816-444-8161

SM Medical Center: 913-676-2000 (main line; has an adult inpatient unit)

Truman Behavioral Health: 816-404-5709

Signature Psychiatric Hospital (NKCH and Liberty Hospital): Adult-Geriatric Inpatient, Adolescent Outpatient

MO Mental Health Crisis Line (Comm Care): 1-888-279-8188

Mental Health America of the Heartland: 913-281-2221

Compassionate Ear Warm Line (4pm-10 pm): 1-866-927-6327

Suicide Hotline: 1-800-273-8255; also has online chat feature (24/7)

Keypoint Counseling, Clinical Associates: SO Tx

Substance Abuse

Restart: 816-472-5664

Area NA, AA, Alanon or NarAnon groups also can be good resources- <http://www.naranonkc.org/meetings/>

SMART Recovery- www.smartrecovery.org

Hip Sobriety: www.hipsobriety.com

Substance Abuse (cont.)

Celebrate Recovery: www.celebraterecovery.com

Domestic Violence

Rose Brooks: 816-861-6100

SafeHome: 913-262-2868

New House: 816-471-5800

Hope House: 816-461-4673, (transitional housing generally awarded to those already participating in services- Shelter, Court, Therapy, exceptions can be made)

Synergy Services: Emergency shelters and temporary housing <https://www.synergyservices.org/> **816-321-7050**

Sexual Assault

MOCSA: 816-531-0233 (MO crisis line); 913-642-0233 (KS crisis line)

Child Abuse/Neglect Hotlines

MO: 1-800-392-3738

KS: 1-800-922-5330

Elder Abuse/Neglect Hotlines

MO: 1-800-392-0210

KS: 1-800-842-0078 or 1-800-922-5330